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CLAIMS

1. A method of making a material comprising:
providing a heat-sensitive latent polymer material;
applying a sensitizer to at least a portion of the polymer
material; and
exposing the polymer material having the sensitizer thereon

exposing the polymer material having the sensitizer thereon to microwave radiation.

- 2. The method of Claim 1, wherein the heat-sensitive latent polymer material is selected from olefinic elastomer-ethylene copolymer; polyether; polyether-polyamide copolymer; polyamide; polyester; polyurethane; polyacrylates; polyester-polyamide copolymer; polyvinylacetate; or ethylene-propylene copolymer.
- 3. The method of Claim 1, wherein the sensitizer is selected from homopolymers, block and random copolymers of polyether, polyethylene glycol, and polyether-polyethylene glycol; ionic polymers and copolymers; metal salts; organic solvents; or combinations thereof.
- 4. The method of Claim 1, wherein the polymer material having the sensitizer thereon is placed on a web and is passed through the microwave radiation at a preselected web speed.
- 5. The method of Claim 4, wherein the web speed is greater than about 200 ft/min.
- 6. The method of Claim 5, wherein the web speed is greater than about 250 ft/min.
 - 7. The method of Claim 6, wherein the web speed is greater than about 300 ft/min.
- The method of Claim 1, wherein the microwave radiation is at a power greater than about 1.0 kW.

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- 9. The method of Claim 8, wherein the microwave radiation is at a power greater than about 3.0 kW.
- 10. The method of Claim 9, wherein the microwave radiation is at a power greater than about 6.0 kW.
 - 11. The method of Claim 1, wherein the sensitizer is applied to the polymer material using a coating technique.
- 12. The method of Claim 11, wherein the coating technique is selected from screen printing; roller coating; melt blown coating; bead coating; ultrasonic spray coating, or by directly incorporating the sensitizer into the latent polymer by blending or compounding technologies.
 - 13. The method of Claim 1, wherein the polymer material is in the shape of a film.
 - 14. The method of Claim 1, wherein the polymer material is in the shape of a strand.
 - 15. A patterned material having a controlled tension comprising: a heat-sensitive latent polymer material; and a sensitizer coated on at least a portion of the polymer material.
- 16. The patterned material of Claim 15, wherein the heatsensitive latent polymer material is selected from olefinic elastomerethylene copolymer; polyether; polyether-polyamide copolymer; polyamide; polyester; polyurethane; polyacrylates; polyester-polyamide copolymer; polyvinylacetate; or ethylene-propylene copolymer.
- The patterned material of Claim 15, wherein the sensitizer is selected from homopolymers, block and random copolymers of polyether, polyethylene glycol, and polyether-polyethylene glycol; ionic polymers and copolymers; metal salts; organic solvents; or combinations thereof.

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- 18. The patterned material of Claim 15, wherein the sensitizer is coated on the polymer material using a coating technique that is selected from screen printing; roller coating; melt blown coating; bead coating; ultrasonic spray coating, or by directly incorporating the sensitizer into the latent polymer by blending or compounding technologies.
- 19. The patterned material of Claim 15, wherein the material is in the shape of a film.
- 10 20. The patterned material of Claim 19, wherein the film has a thickness of from about 1 mil to about 5 mil.
 - 21. The patterned material of Claim 15, wherein the material is in the shape of a strand.
 - 22. The patterned material of Claim 21, wherein the strand has a thickness of from about 0.1 mm to about 2 mm.
 - 23. A patterned material having a controlled tension made from a process comprising:

providing a heat-sensitive latent polymer material;

applying a sensitizer to at least a portion of the polymer material; and

exposing the polymer material having the sensitizer thereon to microwave radiation.

- 24. The method of Claim 23, wherein the polymer material having the sensitizer thereon is placed on a web and is passed through the microwave radiation at a web speed of greater than about 300 ft/min.
- The method of Claim 23, wherein the microwave radiation is at a power greater than about 1.0 kW.
- The method of Claim 25, wherein the microwave radiation is at a power greater than about 3.0 kW.

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- 27. The method of Claim 26, wherein the microwave radiation is at a power greater than about 6.0 kW.
- 28. The method of Claim 23, wherein the microwave radiation is at a power of about 900 W, at a frequency of about 2450 MHz, and is at a duration of about 5 seconds.
 - 29. The method of Claim 23, wherein the heat-sensitive latent polymer film is selected from olefinic elastomer-ethylene copolymer; polyether; polyether-polyamide copolymer; polyamide; polyester; polyurethane; polyacrylates; polyester-polyamide copolymer; polyvinylacetate; or ethylene-propylene copolymer.
 - 30. The method of Claim 23, wherein the sensitizer is selected from homopolymers, block and random copolymers of polyether, polyethylene glycol, and polyether-polyethylene glycol; ionic polymers and copolymers; metal salts; organic solvents; or combinations thereof.
 - 31. The method of Claim 23, wherein the sensitizer is applied to the polymer material using a coating technique that is selected from screen printing; roller coating; melt blown coating; bead coating; ultrasonic spray coating, or by directly incorporating the sensitizer into the latent polymer by blending or compounding technologies.
- 25 32. The method of Claim 23, wherein the polymer material is in the shape of a film.
 - 33. The method of Claim 23, wherein the polymer material is in the shape of a strand.